

# A Case of Milia Treated with Bryonia Alba

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**Abstract:** A 10-year-old girl reported the complaint of small, tiny, whitish eruptions on chin, below the lips with itching and constipation. After analysing the case individualised homoeopathic medicine, *Bryonia alba*, was prescribed which leads to improvement of symptoms. Homoeopathic treatment has shown favourable results in this case and demonstrates the scope of homoeopathy in such cases.

**Keywords:** Milia, Individualised homoeopathic treatment, Complete repertory -RADAR (version 10.5.003).

**Index Terms:** B.D. – twice a day, T.D.S. – thrice a day

**Introduction:** Milia are tiny epidermoid cyst that occurs at the sites of subepidermal blistering as in porphyria cutanea tarda or spontaneously over the face, upper cheeks and beneath the eyes. They are usually no larger than the pinhead and are white. They contain tiny accretions of horn, which can be expressed by slitting the thin epidermis over them with a needle tip<sup>(1)</sup>. Primary milia are typically seen in infant but also may occur in children and adults. They arise on facial skin bearing vellus hair follicles. Secondary milia develop after trauma to skin, such as after burns (e.g. sunburn), dermabrasion, or in blistering disorders. Secondary milia results from damage to the pilosebaceous unit<sup>(2)</sup>.

**Case Presentation:** A 10 year old girl reported with the complaint of small, tiny, whitish eruptions on chin, below the lips with itching since 15 days. Patient also complaint of constipation in which irregular and hard stool was present since 1 month. No significant modalities are present regarding complaints. In family history and past history nothing found abnormal.

**Physical generals:** Patient was tall, lean, thin, wheatish complexion, black hair. Thermal reaction of patient was hot. He liked sweets, chawks, pencils and perspiration is profuse. Appetite and thirst was normal. Sleep is sound and refreshing. No peculiar dream was present.

**Diagnosis:** Milia / Milium / Milium cyst

**Analysis of symptoms:**

Characteristic physical general symptoms	Characteristic particular symptoms
<ul style="list-style-type: none"> <li>• Desires - Sweets, chawks, pencils</li> <li>• Perspiration - Profuse</li> </ul>	<ul style="list-style-type: none"> <li>• Small, tiny whitish eruptions with itching on chin, below the lips</li> <li>• Constipation- irregular and hard stool</li> </ul>

**Evaluation of symptoms:**

Symptom	Intensity
Desires - Sweets, chawks, pencils	+++
Perspiration - Profuse	++
Small, tiny whitish eruptions with itching on chin, below the lips	++
Constipation- irregular and hard stool	++

**Selection of repertory:** Complete repertory by Roger van zandvoort is used because physical generals symptoms are prominent with particular symptom.

**Repertorial totality with rubrics:**

Symptom	Chapter	Rubric
Desires - Chalks, pencils	Generalities	FOOD and drinks- indigestible things - desires
Desires – Sweets	Generalities	FOOD and drinks- sweets - desires
Perspiration - Profuse	Perspiration	Profuse
Whitish eruptions	Skin	Eruptions- whitish
Itching in eruptions	Skin	Eruptions- itching
Constipation- irregular and hard stool	Rectum	Constipation- children, in

**Repertorisation:**

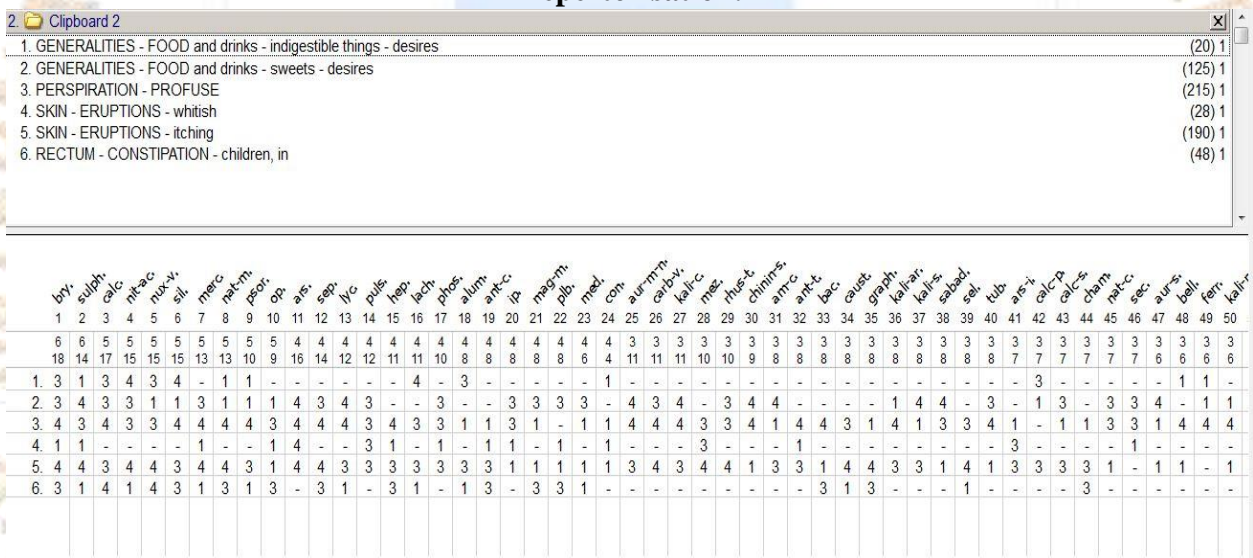


Figure 1: Repertorisation chart<sup>(3)</sup>

**Justification of remedy:** After taking a detailed case history and repertorisation, *Bryonia alba* in 200C potency was given as homoeopathic individualised simillimum. After repertorisation and knowledge of materia medica, *Bryonia alba*, *Sulphur*, *Calcarea carbonica*, *Nitric acid*, *Nux vomica* were the most simillimum remedies. The reason behind selection of *Bryonia alba* was that, the patient was tall, lean, thin and thermal reaction was hot. *Bryonia alba* obtained the maximum marks and covered maximum rubrics. So, *Bryonia alba* was selected. Overall improvement is noticed.

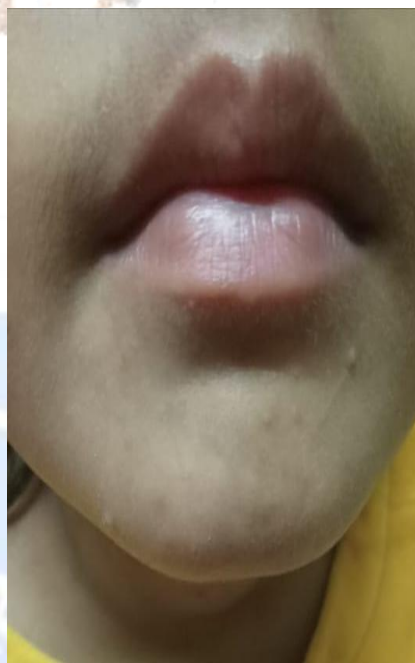
**Prescription:** *Bryonia alba* 200C/ B.D./ 1 day followed by Placebo 30 / T.D.S/ 5 days was prescribed on first visit 7<sup>th</sup> March 2022 considering that the medicine is covering maximum repertorial totality and physical general symptoms of the patient.

**Observation and follow up:**

Date	Observation	Prescription
12/03/2022	Eruptions are decreased in number Relief in itching in eruptions Relief in constipation	Bryonia alba 200/ B.D./ 2 days Placebo 30 / T.D.S/ 5 days
17/03/2022	Improvement in all complaints Eruptions- not present Itching- absent Constipation- improved	Placebo 30 / T.D.S/ 7 days



**Figure 2:** Before treatment



**Figure 3:** After treatment

**Discussion:** The remedy *Bryonia alba* has significant role on milia. According to susceptibility *Bryonia alba* was given to the patient in 200 potency. Milia slightly improved within 5days, followed by overall improvement within 15 days.

**Conclusion:** Overall the case suggests the usefulness of homoeopathic medicines in the management of milia. However, further research like RCT in multi-centric design is required on larger sample size before making firm recommendations.

**References:**

1. Marks Ronald, Roxburgh’s Common Skin Diseases, 17<sup>th</sup> edition, Arnold: A member of the Hodder Headline Group, London.
2. Milia. Charles M. G. Archer, Susan Cooper. February 25, 2022. <https://emedicine.medscape.com/article/1058063-overview>
3. Complete Repertory (2003) by Roger van zandvoort using RADAR (version 10.5.003).